**Fitness Expo Activity Schedule**

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| **Time** | **Activity** | **Age Range** | **Location** |
| 10:00 a.m. – 10:45 a.m. | Boxing Class | 16 years old & above | The Galbraith Ballroom |
| 10:00 a.m. – 10:45 a.m. | Barre Fusion Class | 16 years old & above | Quad Studio 3 |
| 10:00 a.m. – 11:00 a.m. | Introduction to Isquash & Ball Machine  | Open to all ages | Squash Courts |
| 11:00 a.m. – 11:45 a.m. | Street Defense Class | 16 years old & above | The Galbraith Ballroom |
| 11:00 a.m. – 12:00 p.m. | Introduction Junior Squash Group Class | 6 – 15 years old | Squash Courts |
| 11:00 a.m. – 12:00 p.m. | Introduction to HIIT & Squash Combo Class | 16 years old & above | Squash Courts |
| 12:00 p.m. – 12:30 p.m. | VIPR Class | 16 years old & above | The Galbraith Ballroom |
| 12:00 p.m. – 12:45 p.m. | Hindi Class | 3 – 10 years old | Quad Studio 3 |
| 12:00 p.m. – 1:00 p.m. | Introduction to Isquash | Open to all ages | Squash Courts |
| 12:00 p.m. – 1:00 p.m. | Introduction to Ball Machine | Open to all ages | Squash Courts |
| 12:30 p.m. – 1:00 p.m. | Muay Thai Fusion Class | 16 years old & above | The Galbraith Ballroom |
| 1:00 p.m. – 2:00 p.m. | Adult Squash Class | 16 years old & above | Squash Courts |
| 1:00 p.m. – 2:00 p.m. | Introduction to Junior Group Class | 5 – 15 years old | Squash Courts |
| 1:00 p.m. – 2:00 p.m. | Adult Tennis Come Back Session | 16 years old & above | Tennis Court |
| 1:15 p.m. – 2:00 p.m. | Parent & Child Boxing Class | 3 – 7 years old | The Galbraith Ballroom |
| 1:15 p.m. – 2:00 p.m. | Tai Chi Class | 16 years old & above | Quad Studio 3 |
| 1:30 p.m. – 4:00 p.m. | Pool Inflatables | Open to all ages | The Pools |
| 2:00 p.m. – 3:00 p.m. | Adult Mix Beginners Class | 16 years old & above | Tennis Courts |
| 2:15 p.m. – 3:00 p.m. | Taekwondo Class | 3 years old & above | The Galbraith Ballroom |
| 2:15 p.m. – 2:45 p.m. | Tiny Tots Tennis Introduction Class | 2 – 4 years old | Quad Studio 3 |
| 3:00 p.m. – 3:30 p.m. | Tiny Tots Tennis Introduction Class | 2 – 4 years old | Quad Studio 3 |
| 3:00 p.m. – 4:00 p.m. | Adult Pickleball Social Class | 16 years old & above | Multi-purpose Court |